

presents



# The Wind Beneath Your Wings

**Heart-Centered Support for Family & Personal Caregivers**

**November 2, 2012, 8:30am - 4:30pm**

Holy Comforter Episcopal Church, 2701 Park Rd., Charlotte, NC

Workshop participants will be: ♦ INSPIRED ♦ EMPOWERED ♦ NURTURED

## SCHEDULE

8:30	Registration
9:00	Welcome & Opening
9:30	From Fear To Faith
	The Caregiver's Journey
11:15	The Model of
	Heart-Centered Grief
12:15	Lunch
1:15	Compassionate Coaching
	for Caregivers
2:00	Soul Collage:
	A Nurturing Tool for
	Personal Empowerment
4:00	Closing

*Professional caregivers and family caregivers often find themselves "running on empty." Join 5 Featured Speakers whose hearts are filled with compassion and understanding of the care giving journey. They will refill your "cup" with inspired moments guaranteed to nurture and empower - provide with and wisdom - embrace the reality of your journey - all the while honoring and celebrating your heart.*

*Come ready to relax, re-new and re-focus on the job at hand.*

## FEATURED SPEAKERS

Joyce Marie Sheldon, author  
Mandy Eppley, M.A., LPC  
Lyndall Hare, PhD Gerontologist;  
Cindy Ballaro  
Elizabeth Berrien



## Register Today!

**Don't miss this opportunity.  
Register at [www.TheRespite.org](http://www.TheRespite.org)**

**\*\$45 Early bird registration by October 19. Includes lunch.**

**\*\$55 after October 19, 2012**

**\*Write checks to "The Respite", 4919 Monroe Rd., Charlotte, NC 28205**

The Respite, A Centre for Grief & Hope  
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